

Health Snapshot

Tokyo Tilapia Burrito

685 Calories
55g Protein
19g Fat
73g Carbs.
5g Fiber
1631 mg Sodium

17 Smart Points

144% Vit A
3% Vit. B12
18% Vitamin C

Southwestern Chili

380 Calories
20g Protein
5g Fat
66g Carbs.
20g Fiber
684 mg Sodium

11 Smart Points

143% Vitamin C
31% Vit. B-6

Chimichurri Steak

530 Calories
36g Protein
18g Fat
59g Carbs.
6g Fiber
112 mg Sodium

15 Smart Points.

124% Vitamin C
71% Vit. B-12
57% Vit. B-6

Chicken Pesto Pizza

800 Calories
76g Protein
31g Fat
58g Carbs.
7g Fiber
1755 mg Sodium

21 Smart Points

75% Vit C
42% Vit A

Cauliflower Curry

520 Calories
14g Protein
14g Fat
87g Carbs.
12g Fiber
825 mg Sodium

18 Smart Points

218% Vitamin A
230% Vitamin C
43% Calcium

Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

Tokyo Tilapia Burrito

Use $\frac{3}{4}$ sauce & $\frac{1}{2}$
rice
625 Calories
17 g Fat
16 Smart Points

Chicken Pesto Pizza

$\frac{1}{2}$ the mozzarella
and pesto
651 Calories
69 protein
18 g Fat
16 Smart Points

Health Snapshot

Kentucky BBQ Tacos

450 Calories
16g Protein
14g Fat
68g Carbs.
4g Fiber
433 mg Sodium

15 Smart Points

82% Vitamin A
122% Calcium
54% Vitamin C

Thai Peanut Carrots

250 Calories
7g Protein
12g Fat
30g Carbs.
9g Fiber
996 mg Sodium

10 Smart Points

539% Vitamin A
21% Vitamin B6
13% Folate

Artichoke Quesadilla

795 Calories
32g Protein
44g Fat
71g Carbs.
8g Fiber
1,768 mg Sodium

27 Smart Points

16% Folate
88% Calcium
26% Vit. B-12

Lighten Up Option

Many of our meals can be prepared without all of the calorie-dense ingredients and still keep their magic.

Quesadilla

1 folded tortilla,
½ the pesto
535 Calories
30g Fat
15 Smart Points

These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit. And, of course, if you have leftovers, the actual numbers will be lower.

Quick Tips

Tokyo Tilapia Burrito

25 Min to Table	20 Min Hands On	1 Whisk Super Easy
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Getting Started Preheat to 400 and put a saucepan on to boil

Leftovers Tip Throw all the leftovers together to make a salad!

Chicken Pesto Pizza

25 Min to Table	10 Min Hands On	1 Whisks Super Easy
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Getting Started Preheat oven to 425 and take dough out of fridge.

Meal Tip Add any extra veggies as toppings to your pizza.

Southwestern Chili

35 Min to Table	15 Min Hands On	1 Whisk Super Easy
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Getting Started Heat 2 Tbsp oil in a large saucepan or stockpot on high heat

Omnivore Option Cook the Brussels sprouts and potatoes separately.

Meal Tip This is a great make ahead meal.

Chimichurri Steak with Fingerling Potatoes

30 Min to Table	25 Min Hands On	1 Whisk Super Easy
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Getting Started No pre-work needed.

Leftover Tip Layer everything to make a casserole.

Oven Roasted Cauliflower And Chickpea Curry

35 Min to Table	5 Min Hands On	1 Whisks Super Easy
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Getting Started Preheat your oven to 450 and boil 2 cups water.

Omnivore Option Ground lamb is a traditional addition to this.



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Kentucky BBQ Tacos with Fresh Cabbage Slaw

35 Min <i>to Table</i>	5 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
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Getting Started Preheat your oven to 400.

Meal Tip Make the slaw and bake the tofu ahead for a quick meal!

Artichoke Quesadilla

25 Min <i>to Table</i>	5 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
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Getting Started Preheat your oven to 400.

Meal Tip This cooks very well in a skillet if you prefer.

Thai Peanut Carrots

20 Min <i>to Table</i>	5 Min <i>Hands On</i>	1 Whisk <i>Super Easy</i>
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Getting Started Preheat your oven to 400.

Leftover Tip You'll need some vegetable oil.

Tokyo Tilapia Burrito

One of our favorite cross-cultural fusions. We're pairing seared tilapia with carrots, edamame, snow peas and bamboo shoots, then rolling it up in a burrito with Chef Max's creamy soy-ginger aioli. Rolled up together, it's a dinner you don't want to miss.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Shallow Pie Pan or Plate
Large Skillet
Baking Sheet (Optional)

FROM YOUR PANTRY

½ Cup Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Rice
Asian Vegetables
Tilapia
Tortillas
Soy Ginger Aioli

Make The Meal Your Own

We love to finish our burritos in the oven, but you can also use a toaster oven or just roll up the filling and eat immediately.

Turn your leftovers into a delicious salad. Just toss any extra veggies and rice with the soy ginger aioli. You can add your own greens or top with a protein, though we think it's just as tasty without any additions.

Our tilapia is responsibly fished, so it's free from dyes, antibiotics and any industrial grain-based diets.

Good To Know

If you're making the gluten-free version, we've given you corn tortillas. Toss the vegetables and rice with a little aioli, flake the fish into pieces and then fill like tacos.

Health snapshot per serving – 685 Calories, 19g Fat, 55g Protein, 75g Carbs, 17 Smart Point

Lighten Up snapshot per serving – 625 Calories, 17g Fat, 54g Protein, 66g Carbs, 16 Smart Point with ½ the rice and ¾ of sauce.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Tilapia, Flour Tortillas, Rice, Mayonnaise, Carrot, Snow Peas, Bamboo Shoots, Edamame, Tamari, Green Onion, Mirin, Brown Sugar, Ginger, Garlic

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1. Getting Organized

Put a saucepan of water on to boil and preheat your toaster or conventional oven to 400 degrees.

*Heating your oven is optional
(see note on other side.)*

2. Cook the Rice

Add the **Rice** to the boiling water. Reduce heat to medium and simmer uncovered for 15 to 20 minutes. Drain and return to the saucepan. Cover and set aside.

3. Sauté the Vegetables

While the rice is cooking, heat 1 Tbsp oil in a large skillet on medium-high heat. Add the **Asian Vegetables** and cook, stirring occasionally, until the snow peas are bright green, about 3 to 5 minutes. Remove to a bowl or plate and wipe out the skillet.

*The veggies should be warm,
but still have some crunch to
them.*

4. Dredge and Cook the Tilapia

Pour ½ cup flour into a shallow pie pan or on to a plate and add a generous pinch of salt and pepper. Pat the **Tilapia** dry with a paper towel and then coat with the flour, making sure each fillet is covered with a thin layer. Repeat this process with remaining tilapia.

Heat 2 Tbsp of oil in the now-empty skillet on high heat. Add the tilapia and cook 4 minutes. Flip and cook an additional 2 minutes. Remove from the heat and let rest 5 minutes.

*Place the tilapia in the pan
gently to avoid any oil splashing.*

5. Roll and Finish the Burrito

Fill the bottom half of each **Tortilla** with vegetables, rice, tilapia and a few tablespoons of **Soy Ginger Aioli**. To wrap, fold in each of the sides, pull the bottom up over the filling and roll.

*Too hot for the oven? Just
roll up your burrito and enjoy!*

Place the burritos seam-side-down on a baking sheet and place into the oven just until warm, about 1 to 2 minutes. Serve with remaining aioli.

*Love this recipe?
#meezmagic*

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Southwestern Chili

Chili is one of those recipes that has endless delicious variations. We asked Max for his favorite Southwestern spin, and he came up with this recipe, with a classically seasoned tomato base chock full of black beans, roasted butternut squash and fresh spinach. Topped with cheddar cheese, it's a classic recipe you'll want to eat again and again.

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or
Stockpot

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Black Beans
Spinach
Squash & Onions
Seasoned Tomatoes
Cheddar Cheese

Make The Meal Your Own

This is a great make-ahead dinner. Cook the chili up to two days in advance. When it's time for dinner, just heat and serve topped with the shredded cheese.

Dedicated omnivores can add their favorite ground meat – beef, pork and turkey are all at home in this chili.

This chili is flavorful but not spicy. If you'd like to add an extra kick, a pinch of crushed red pepper is the perfect thing.

Good To Know

If you're making the vegan version, we've skipped the cheese.

Health snapshot per serving – 380 Calories, 20g Protein, 5g Fat, 66g Carbs, 11 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Tomato, Butternut Squash, Spinach, Black Beans, Onion, Cheddar Cheese, White Wine, Cilantro, Chipotle Peppers, Vegetable Base, Garlic, Herbs and Spices

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1. Getting Organized

Heat 2 Tbsp oil in a large saucepan or stockpot on high heat.

2. Make the Chili

Add the *Squash & Onions* to the hot oil and cook for 10 minutes, stirring occasionally, until the onions are translucent and the squash is lightly caramelized on the edges. Add the *Seasoned Tomatoes* and 1 ½ cups water to the pot and bring to a boil. Add the *Black Beans* and reduce the heat to a simmer. Cook, uncovered, until slightly thickened, about 15 minutes.

If you want to add even more flavor to your chili, Chef Max suggests replacing the water with vegetable or chicken stock.

3. Put It All Together

Add the *Spinach* in batches and allow each handful to wilt slightly before adding the next. Cover the chili and cook until the spinach is incorporated, 2 to 3 minutes.

Add the spinach one handful at a time and keep stirring so it doesn't clump.

Serve topped with *Cheddar Cheese*. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Chimichurri Steak with Fingerling Potatoes

An irresistible update on an Argentinian classic. With a zesty chimichurri puree, mouthwatering steak and tender fingerling potatoes, it's a sinfully delicious meal without all the calories. Seconds, anyone?

30 Minutes to the Table

25 Minutes Hands On

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

4 MEEZ CONTAINERS

Fingerling Potatoes

Onions & Garlic

Steak

Chimichurri

Make The Meal Your Own

The leftovers from this meal make a great casserole. Layer everything in a casserole dish, top with your favorite cheese (Chef Max recommends Chihuahua) and bake for 10 minutes in a 375-degree oven.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. Chef Max recommends using ½ tsp of each.

Health snapshot per serving – 530 Calories, 18g Fat, 36g Protein, 59g Carbs, 15 Smart Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Steak, Fingerling Potatoes, Onion, Grape Tomatoes, Corn, Red Wine Vinegar, Lime Juice, Olive Oil, Parsley, Garlic, Cilantro, Spices

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1. Slice the Potatoes

Slice the **Fingerling Potatoes** into small, even rounds (about 8 to 10 rounds per potato).

2. Cook the Potatoes and Onions

Heat 2 Tbsp of oil in a large skillet over high heat. Add the sliced potatoes and cook, stirring occasionally, until starting to brown, about 7 to 9 minutes. Add the **Onions & Garlic** to the skillet and continue cooking until the onions are translucent and the potatoes are fork tender, about 5 more minutes. Remove to a bowl and set aside.

3. Cook the Beef

Return the now-empty skillet to the stove with 1 Tbsp oil over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steak. Cook it until the bottom browns and the sides start to color, about 3 minutes.

- **If you prefer your steak medium-rare**, flip and continue cooking 3 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium**, flip and continue cooking for 4 minutes. Remove from the heat and let rest for 5 minutes.
- **If you prefer your steak medium-well or well done**, flip and continue cooking for 5 to 6 minutes. Remove from the heat and let rest for 5 minutes.

After the steaks have rested, place them horizontally on a cutting board. Using a sharp knife, cut the steaks into even strips (we aim for ½" x 1" pieces).

4. Put It All Together

Serve the steak and potatoes topped with the **Chimichurri** to taste. Enjoy!

To test if the skillet is hot enough for the steak, hold your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Beef continues to cook as it rests, so remove it from the heat when it's a little less done than you like to prevent it from overcooking.

Love this recipe?

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Instructions for two servings.

Meetz Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *

Chicken Pesto Pizza

Members fell in love with our Chicken Alfredo Pizza, so we've been working hard on more family favorite pizzas. One bite of Chef Max's pesto pizza, and we knew we had a recipe even better than the alfredo inspiration. With basil pesto, red bell peppers, sundried tomatoes and free-range chicken under plenty of melted mozzarella, it's simply delicious.

25 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet

FROM YOUR PANTRY

Flour
Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Chicken Breast
Whole Wheat Pizza
Dough
Pesto
Sundried Tomatoes &
Red Peppers
Mozzarella

Make The Meal Your Own

Eating with a picky eater? Skip the Sundried tomatoes and bell peppers on their share of the pizza.

Have leftover veggies in your fridge? Sliced mushrooms, spinach, or even blanched broccoli would be great on this pizza as well.

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Be sure to generously season your chicken with salt and pepper before cooking. Chef Max recommends using $\frac{1}{4}$ tsp of each.

Health snapshot per serving – 800 Calories, 31g Fat, 76g Protein, 58g Carbs, 21 Smart Points

Lighten Up Snapshot per serving - 650 Calories, 18g Fat, 69g Protein, 56g Carbs, 16 Smart Points with $\frac{1}{2}$ the mozzarella and pesto.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Free-Range Chicken, Whole Wheat Pizza Dough, Red Pepper, Mozzarella Cheese, Sundried Tomatoes, Basil, Olive Oil, Parmesan Cheese, Lemon Juice, Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 425 and take the pizza dough out of the refrigerator.

Don't forget to take the dough out. Warmer dough is easier to work with!

2. Assemble the Pizza

Shape your **Whole Wheat Pizza Dough**. Sprinkle your counter with a little flour and stretch the dough into shape. The size and thickness are up to you, but we target about ¼" thickness.

We usually make two-person pizzas and ours are about 8' wide and 14" long.

Transfer the dough to your baking sheet and top the pizza with **Pesto Sauce**, **Sun Dried Tomatoes & Roasted Red Peppers** and **Mozzarella Cheese** and save ¼ of both the cheese and sauce for later. Be sure to get the sauce, toppings and cheese all the way to the edges.

Bake the pizza until the crust is well browned, about 15 to 17 minutes.

3. Prep and Cook the Chicken

While the pizza is baking, slice the **Chicken Breast** into strips approximately ½" wide. Generously sprinkle with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, or more if you like).

Heat 1 Tbsp oil in a large skillet over high heat. Add the chicken and cook until the bottoms are well browned and each piece is starting to color up the sides, about 4-5 minutes. Flip and cook until each piece is fully browned and the chicken is cooked through, about 3-4 minutes more. Remove to a plate.

4. Put It All Together

When the pizza is almost done, top with cooked chicken, the remaining cheese and drizzle the remaining sauce on top. Bake until the cheese melts, about another 3-4 minutes. Remove from the oven and let rest for 5 minutes before serving. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.
Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Oven Roasted Cauliflower and Chickpea Curry

Our super simple, super delicious roasted vegetable curry. Because the vegetables are roasted, they have an extra intensity that's just delicious. Cauliflower, carrots, chickpeas, raisins and cashews all come together over jasmine rice. It's hands-free heaven!

35 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Saucepan
Rimmed Baking Sheet(s)

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Jasmine Rice
Carrots & Peppers
Cauliflower
Chickpeas & Onions
Coconut Curry Sauce
Cashews & Raisins

Make The Meal Your Own

Make ahead tip – Cook the rice and roast the vegetables up until you would add the curry sauce. When you're ready to eat, roast the vegetables an additional 5 minutes before adding the sauce.

Have leftovers? Turn this into a creamy curry soup by pureeing your leftovers and adding a can of coconut milk.

Omnivore's Option – Ground lamb is a traditional addition to this dish. Brown it separately, drain the fat and add with the coconut curry sauce.

Good To Know

Health snapshot per serving – 520 Calories, 14g Protein, 12g Fiber, 18 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Tomatoes, Coconut Milk, Cauliflower, Chickpeas, Carrots, Rice, Red Bell Peppers, Onion, Cashews, Raisins, Ginger, Spices

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1. Getting Organized

Preheat your oven to 450 and bring 2 cups of water to a boil.

2. Cook the Rice

Once the water is boiling, add the **Jasmine Rice** and a pinch of salt. Reduce to a simmer and cover. Cook until all the water has been absorbed, about 20 to 25 minutes. Remove from the heat and fluff with a fork. Cover and set aside.

3. Roast the Vegetables

While the rice is cooking, put the **Cauliflower** and **Carrots & Peppers** on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and toss well. Arrange in a single layer and bake for 10 minutes. Add the **Chickpeas & Onions**. Stir well, and then return the baking sheet to the oven until the veggies are golden and fork tender, about 7 to 10 minutes.

Resist the temptation to crowd the vegetables. They need to be in a single layer for this recipe to work, so use two baking sheets if necessary.

4. Finish the Curry

Pour the **Coconut Curry Sauce** over everything, (if you're using 2 baking sheets, divide the sauce evenly between them as best you can) and give the vegetables a good stir. Cook for another 5 minutes, then serve over the rice and top with the **Cashews & Raisins**.

If you divided your veggies between two baking sheets, you can combine them on to one to mix before serving, or use a mixing bowl.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Kentucky BBQ Tacos with Fresh Cabbage Slaw

The name says it all in this one. We're baking tofu with a delicious barbeque sauce so it gets to be, to use a phrase, finger licking good, then serving it up in a taco topped with a fresh cabbage slaw with a kick. It's the flavors of a down home barbeque, cooked up Meez style. Yum!

35 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Casserole Dish
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Organic Tofu
BBQ Sauce
Carrots & Cabbage
Creamy Vinaigrette
Corn Tortillas

Make The Meal Your Own

Picky eaters tip – Try tossing a portion of the slaw in ranch or Thousand Island dressing.

Make ahead tip – Make the slaw and bake the tofu for 20 minutes in advance. When ready to eat, add 1 Tbsp water to the tofu and mix well. Put in an oven-safe skillet and reheat in toaster or conventional oven for 5 to 7 minutes.

Have leftover slaw? Mix it with quinoa or farro to make a tasty grain salad.

Good To Know

If you're making the vegan version, we've left the mayonnaise out of your creamy vinaigrette. If you'd like a creamy slaw, a dollop of soy yogurt would work well.

Health snapshot per serving – 450 Calories, 16g Protein, 4g Fiber, 15 Smart Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Organic Tofu, Corn Tortillas, Barbecue Sauce, Cabbage, Carrots, Mayonnaise, White Wine Vinegar, Lemon, Brown Sugar, Garlic, Spices

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1. Getting Organized

Preheat your oven to 400.

2. Bake the Tofu

Slather the **Organic Tofu** with $\frac{3}{4}$ of the **BBQ Sauce** and arrange in a casserole dish. Bake until the sauce is lightly burnt at the edges, about 25 to 30 minutes, flipping the tofu once halfway through cooking.

If there's any liquid in the tofu bag, drain it before cooking.

3. Toss the Slaw

As soon as the tofu is in the oven, put the **Carrots & Cabbage** into a large mixing bowl and add the **Creamy Vinaigrette**. Toss well, and then put into the refrigerator to chill.

4. Put It All Together

Heat your **Corn Tortillas** until they are soft and pliable. We like to do this directly over the open flame of a gas stove for 15 to 30 seconds per side, but you can also use a dry skillet. Serve the tortillas filled with the tofu and slaw. Enjoy!

You can also heat the tortillas in the oven. Put them on a baking sheet or heat directly on the rack for 2 to 3 minutes.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois

Artichoke Quesadilla

25 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Vegetable Oil

4 MEEZ CONTAINERS

Carrots &

Parsnips

Tortillas

Artichoke Pesto

Cheese Mix

Good to Know

We like hands-free oven cooking, but this quesadilla cooks just as well in a skillet on the stove.

Health snapshot per serving (serves 1)

795 Calories, 44g Fat, 71g Carbs, 27 Smart Points

Lightened up snapshot - Use 1 folded tortilla and 1/2 the pesto.

535 Calories, 30g Fat, 45g Carbs, 15 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Flour Tortillas, Carrot, Artichoke Hearts, Mozzarella, Parsnip, Feta, Parmesan, Olive Oil, Parsley, Lemon Juice, Spices

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1. Getting Organized

Preheat your oven to 400.

2. Roast the Veggies

Toss the **Carrots & Parsnips** with 1 Tbsp of oil and season with salt and pepper. Spread in a single layer on a baking sheet and roast for 7 to 10 minutes and then remove to a plate.

3. Build the Quesadilla

Oil the baking sheet with 1 to 2 Tbsp oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled-side down.

Spread the **Artichoke Pesto** on the tortilla and then top with half of the **Cheese Mix** and the carrots and parsnips. Sprinkle the remaining cheese mix on top of the veggies. Top with the second tortilla, oiled-side up, and gently press down.

4. Put It All Together

Bake the quesadilla 6 to 8 minutes, until the top and edges are golden brown. Flip the quesadilla, and cook an additional 3 to 4 minutes. Cut into wedges and serve. Enjoy!

Thai Peanut Carrots

20 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Mixing Bowl
2 Baking Sheets

FROM YOUR PANTRY

Salt & Pepper
Olive Oil

3 MEEZ CONTAINERS

Carrots
Coconut
Peanut Sauce

Good to Know

If you have any leftovers, toss them with your favorite pasta (linguine works well) for a tasty, Asian-inspired noodle salad.

Health Snapshot per serving (serves 2)

250 Calories, 12g Fat, 30g Carbs, 7g Protein,
10 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Carrots, Peanut Butter, Coconut, Rice Vinegar, Soy Sauce,
Brown Sugar, Garlic, Ginger, Spices

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1. **Getting Started**

Preheat your oven to 400.

2. **Roast the Carrots and Coconut**

Toss **Carrots** with 2 Tbsp olive oil and spread in a single layer on a baking sheet. Roast until starting to brown, about 10 minutes.

Add the **Coconut** to the baking sheet and cook until golden brown, about 3 to 5 minutes. (Watch carefully - coconut burns easily!)

3. **Make the Peanut Sauce**

While the carrots are cooking, put the **Peanut Sauce** in a bowl and add 1 to 2 Tbsp water, until it's the consistency you like.

4. **Put It All Together**

Toss the carrots with the peanut sauce and coconut. Enjoy!

Love this recipe? #meezmagic

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